



EDGE®

1400

Elliptical Trainer

OWNER'S MANUAL

FOR MAXIMUM EFFECTIVENESS AND
SAFETY, PLEASE READ THIS OWNER'S
MANUAL BEFORE USING YOUR
EDGE 1400 Elliptical Trainer.

TABLE OF CONTENTS

Important Safety Instructions	2
Equipment Warning Labels	3
Specifications & Parts	3
Introduction	4
Assembly Instructions.....	5-12
Edge 1400 Parts List	13
Edge 1400 Exploded View	14
Getting Started	15
Using Your Elliptical Trainer	16
Using The Handlebars	16-17
Changing Foot Positions	17
Adjusting the Stride Length	17
Operating the Monitor	18-20
Care & Storage of Your Elliptical Trainer	21
Exercise Guidelines	22
Knowing the Basics	22
A Complete Exercise Program	22-23
Aerobic Exercise: How Much? How Often?	23
When to Exercise	23
Measuring Your Heart Rate	23-24
Clothing	24
Tips to Keep You Going	24
Heart Rate Target Zone Chart	25
Warm Up & Cool Down Stretches	26-27
Progress Charts	28



©2006 and ©2007 Fitness Quest Inc. All rights reserved. Made in Taiwan.
Edge® and Fitness Quest® are registered trademarks of Fitness Quest Inc.
U. S. Utility Patent #6,629,909. Other U.S. and foreign patents pending.

2/5/07

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this equipment

! WARNING

**YOU AND OTHERS CAN BE SERIOUSLY INJURED OR KILLED
IF WARNINGS ON THE EQUIPMENT AND IN THIS OWNER'S
MANUAL ARE NOT FOLLOWED.**



- 1) Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.
- 2) Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on pages 23 – 24 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone. When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.
- 3) Warm up before any exercise program by doing 5 - 10 minutes of aerobic activity, followed by stretching.
- 4) Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
- 5) Wear comfortable shoes made of good support with non-slip soles.
- 6) Breathe naturally, never holding your breath during an exercise.
- 7) Avoid over training. You should be able to carry on a conversation while exercising.
- 8) After an exercise session, cool down with slow walking and stretching.
- 9) Start exercise slowly and gradually increase the amount of resistance.
- 10) If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
- 11) **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN.** To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:
 - Keep children out of rooms where you have your exercise equipment.
 - Store exercise equipment in a room that can be locked.
 - Know exactly where your children are when you work out.
 - If you have small children at home, don't wear headphones while you work out.
 - Talk to your kids about the dangers of exercise equipment.
- 12) Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.
- 13) If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 14) Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 15) Only one person at a time should use this equipment.
- 16) Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.
- 17) Always use this equipment on a solid, level surface.
- 18) Never operate the equipment if the equipment is not functioning properly.
- 19) Use caution not to pinch fingers or hands in moving parts when using the equipment.
- 20) Risk of electrical shock. This equipment is to be used only indoors and in a dry location.

KEEP THESE INSTRUCTIONS

EQUIPMENT WARNING LABELS

Important: See below for placement of the following warning labels on your equipment.

WARNING LABEL 1

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.
KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 300 LBS.
REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.

WARNING LABEL 2

⚠ WARNING

RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.
DO NOT PLUG THE AC ADAPTER INTO WALL UNTIL ELECTRONICS MONITOR IS COMPLETELY ASSEMBLED.

WARNING LABEL 3

⚠ WARNING



CRUSH HAZARD.
KEEP HANDS
CLEAR OF MOVING
PARTS DURING
OPERATION.

SPECIFICATIONS & PARTS

Edge 1400 Specifications:

Approximate:

Length: 50"

Width: 28"

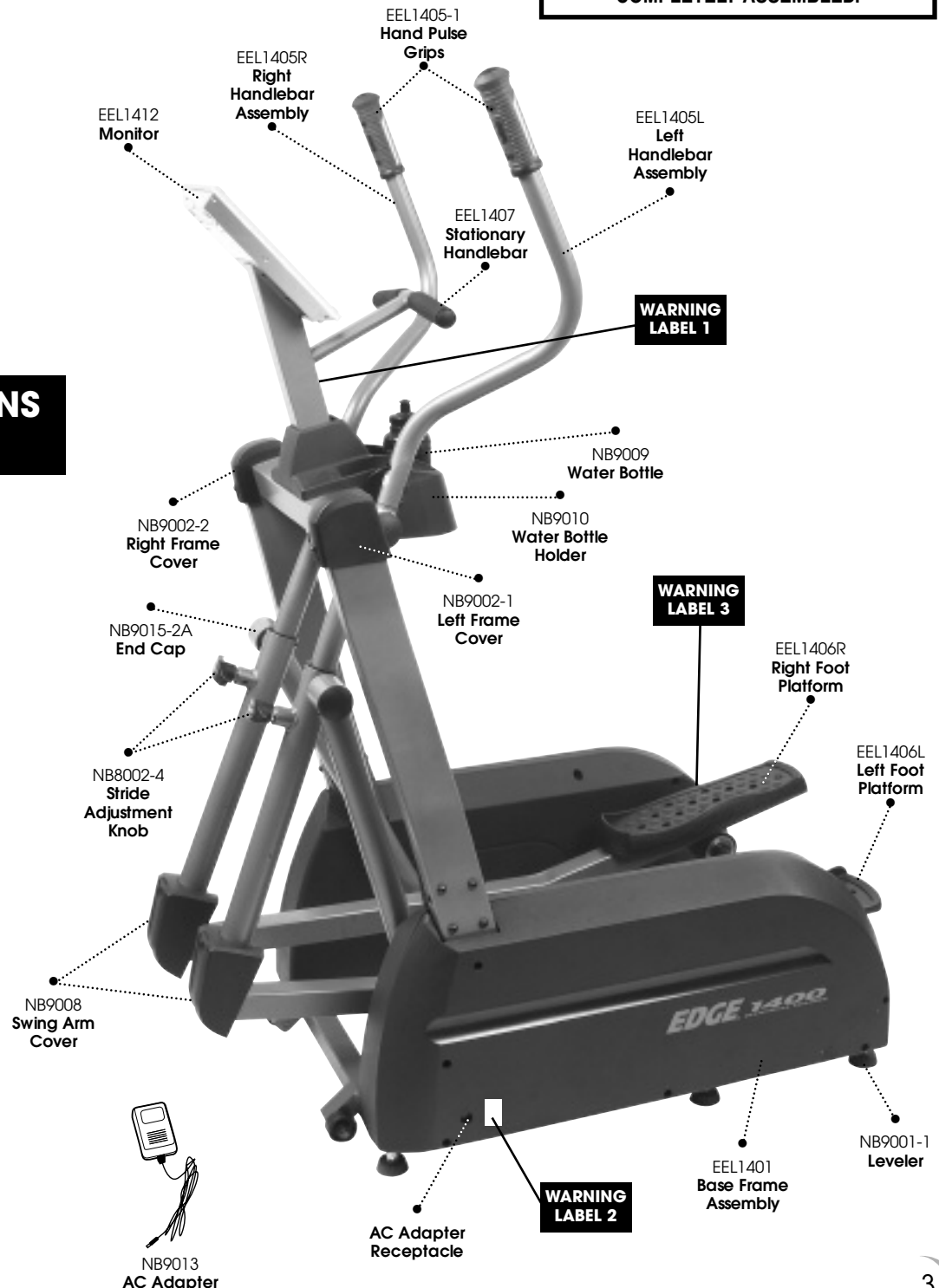
Height: 63"

Product Weight:

Approx. 186 lbs.

Maximum User Weight:

300 lbs.



INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR EDGE 1400 ELLIPTICAL TRAINER

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using the Elliptical Trainer will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner's Manual carefully.

It is the authoritative source of information about your Elliptical Trainer.

Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of your Elliptical Trainer.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us by email or on our web site, with any comments or questions you may have.

**Edge 1400 Elliptical Trainer
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001**

1-800-321-9236, Monday through Friday
8:30am to 8:00pm, Eastern Standard Time

email: customersupport@fitnessquest.com
www.fitnessquest.com

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

ORDERING REPLACEMENT PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 8:00pm, EST.

IMPORTANT: You must have your serial number and this manual ready when calling for parts.

Serial #: _____

Please also provide the following information:

- 1)** Name, Mailing Address and Telephone Number
- 2)** Date of Purchase
- 3)** Where Product was Purchased
(Name of Retail Store, City)
- 4)** Model Number (EEL1400)
- 5)** Part Order Number and Description

ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

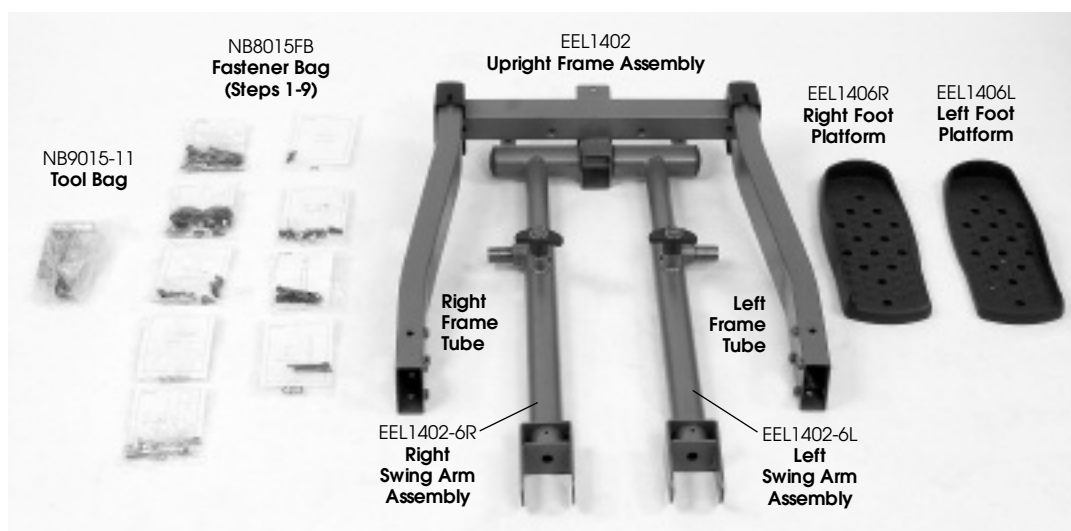
NOTE: All location references, such as front, rear, left or right, made in these instructions are from the user being on the equipment and facing forward.

Tools Required (included):

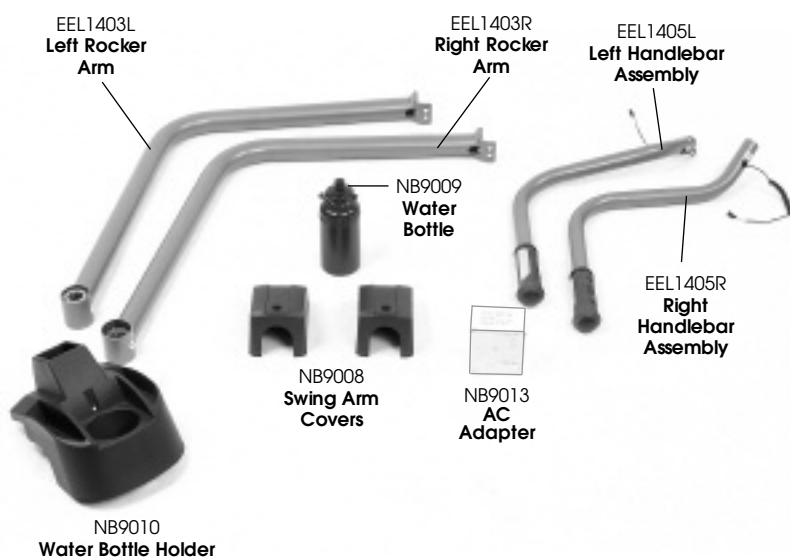
Allen Wrench 5mm & 6mm
Phillips Screwdriver
Socket Wrench 17mm
Open End Wrench 17mm

Lay all the parts out on the floor as shown to familiarize yourself with them.

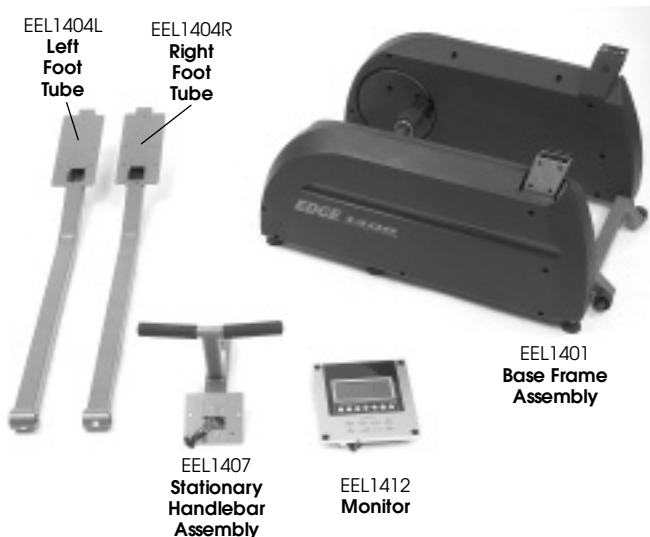
- TOP LAYER -



- MIDDLE LAYER -



- BOTTOM LAYER -



ASSEMBLY INSTRUCTIONS

⚠ CAUTION

UPRIGHT FRAME ASSEMBLY IS HEAVY. YOU WILL NEED TWO PEOPLE TO ASSEMBLE THIS PART.

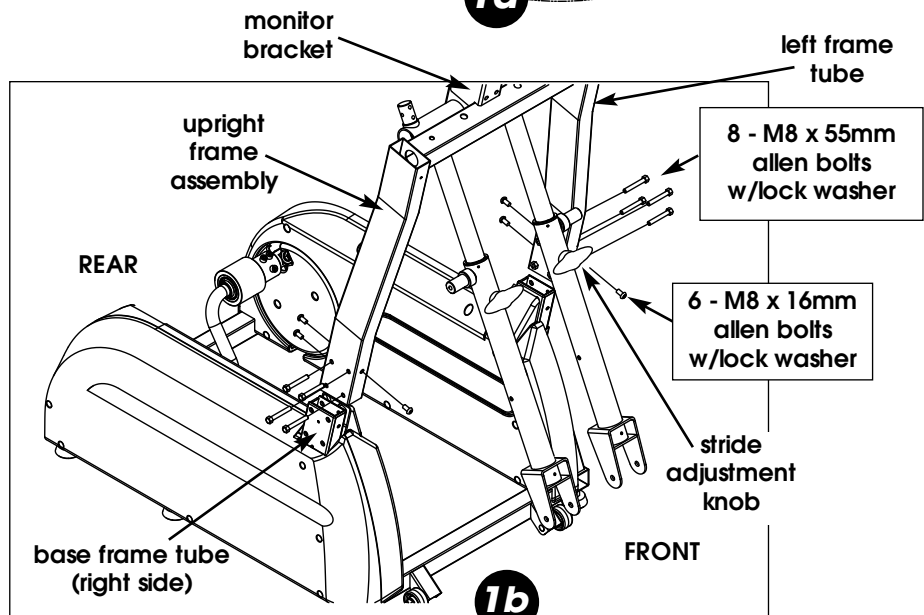
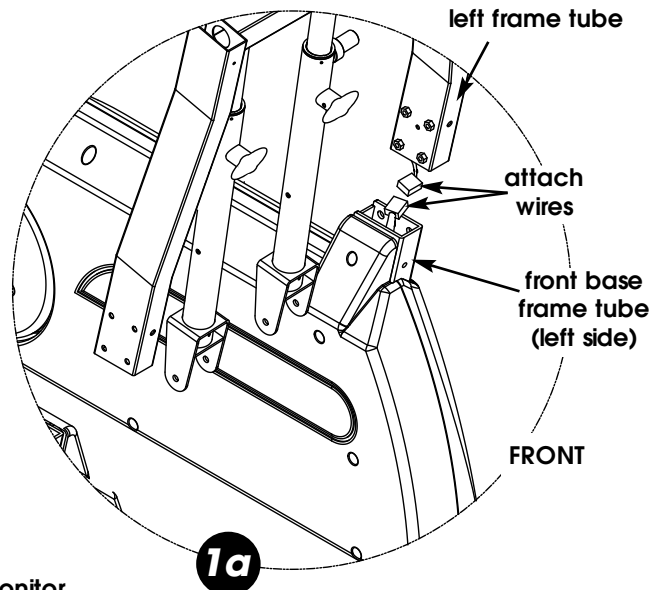


STEP 1 - Upright Frame Assembly

You will need two people to assemble the Upright Frame Assembly (shown in 1b) to the Base Frame Assembly.

Remove Cable Tie from Wire in Base Frame Tube.

- a) With the Monitor Bracket to the rear of the unit and Stride Adjustment Knobs to the front (shown in 1b), carefully lift the Upright Frame Assembly above the front of the Base Frame. **Keeps hands clear of moving Swing Arms.** You will need a second person to attach the Wire coming from the Front Base Frame Tube to the Wire inside the Left Frame Tube. Tuck excess Wire into Left Frame Tube.
- b) Slide the Upright Frame Assembly onto the Front of the Base Frame. Insert 4 Bolts into the side of Right and Left Frame Tubes. Then insert a small Bolt into the front and 2 small Bolts into the rear of each Frame Tubes. Tighten all Bolts with the 5mm Allen Wrench provided.



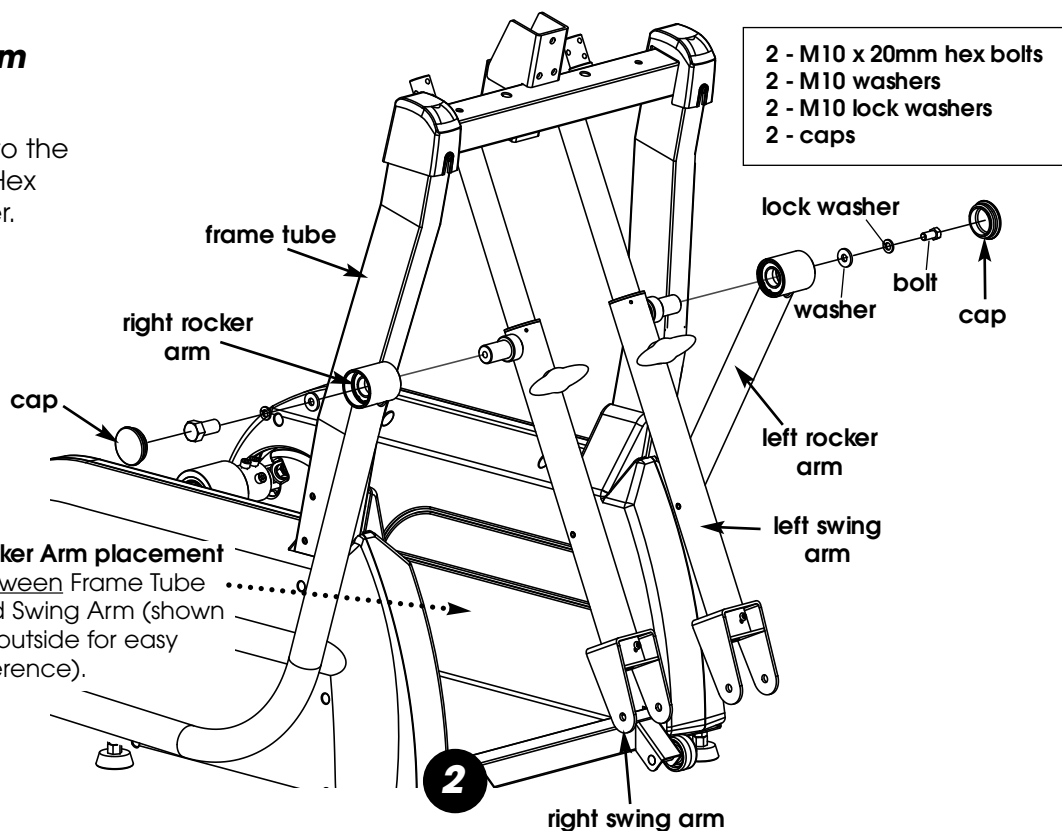
STEP 2 - Top Rocker Arm Attachment

Slide the Left Rocker Arm onto the Left Swing Arm. Attach with Hex Bolt, Washer and Lock Washer. Tighten with Socket Wrench provided. Insert Cap. Repeat on right side.

*Important Note:

Rocker Arms should be placed on the inside of the unit - between the Frame Tube and Swing Arm. The illustration shows them on the outside for your easy reference.

*Rocker Arm placement between Frame Tube and Swing Arm (shown on outside for easy reference).



STEP 3 - Bottom Rocker Arm Attachment

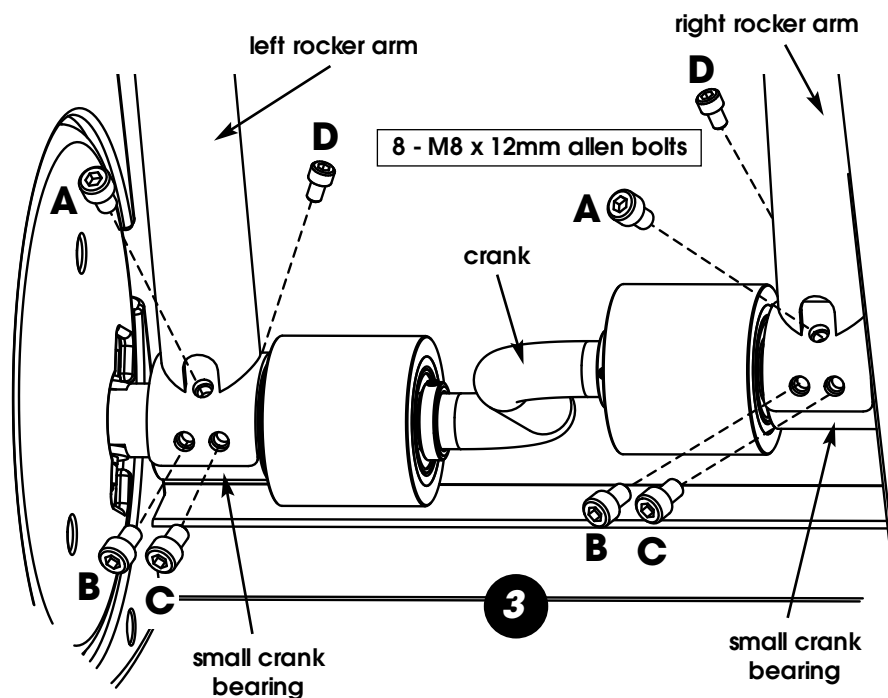
Attach the bottom of Left Rocker Arm to the small Crank Bearing w/4 Allen Bolts. Start all 4 Allen Bolts before tightening. Follow the sequence A through D as shown.

Note: The hole for Bolt D is not shown, but is located under the Rocker Arm.

For ease of assembly, we suggest you place the Bolt onto the end of the Wrench. This may help prevent the Bolt from falling into the Rocker Arm.

Tighten with the 6mm Allen Wrench provided.

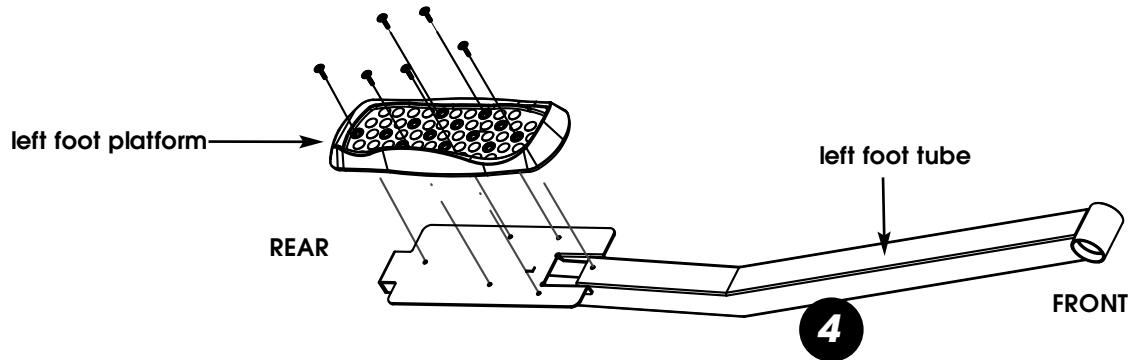
Repeat on right side.



(rear of unit shown)

STEP 4 - Foot Platform Assembly

Attach the Left Foot Platform to the Left Foot Tube as shown with 6 Phillips Bolts. Tighten with Phillips Screwdriver provided. Repeat on Right Foot Tube.

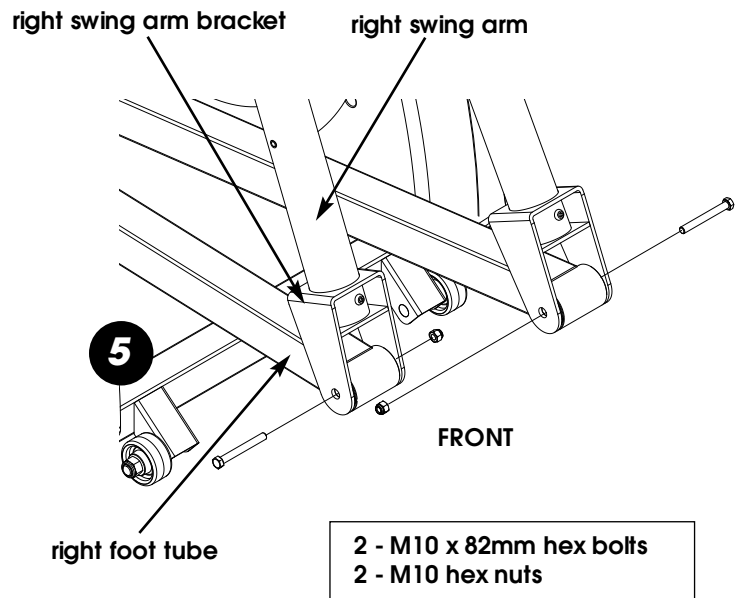


12 - M5 x 16mm phillips bolts,
6 bolts used on each
Foot Platform Assembly

STEP 5 - Foot Tube/Swing Arm Assembly

Place the front of the Right Foot Tube into the Right Swing Arm Bracket at the bottom of the Right Swing Arm. Attach with Hex Bolt and Hex Nut. Tighten with the Socket Wrench and Open End Wrench tools provided.

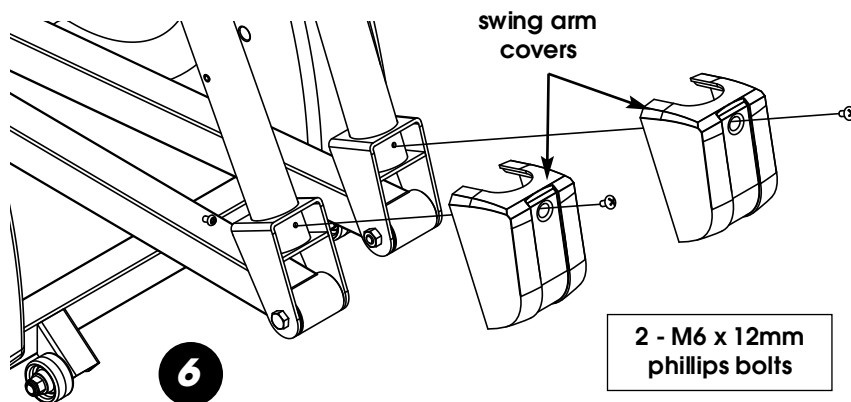
Repeat on the Left Swing Arm.



STEP 6 - Swing Arm Covers

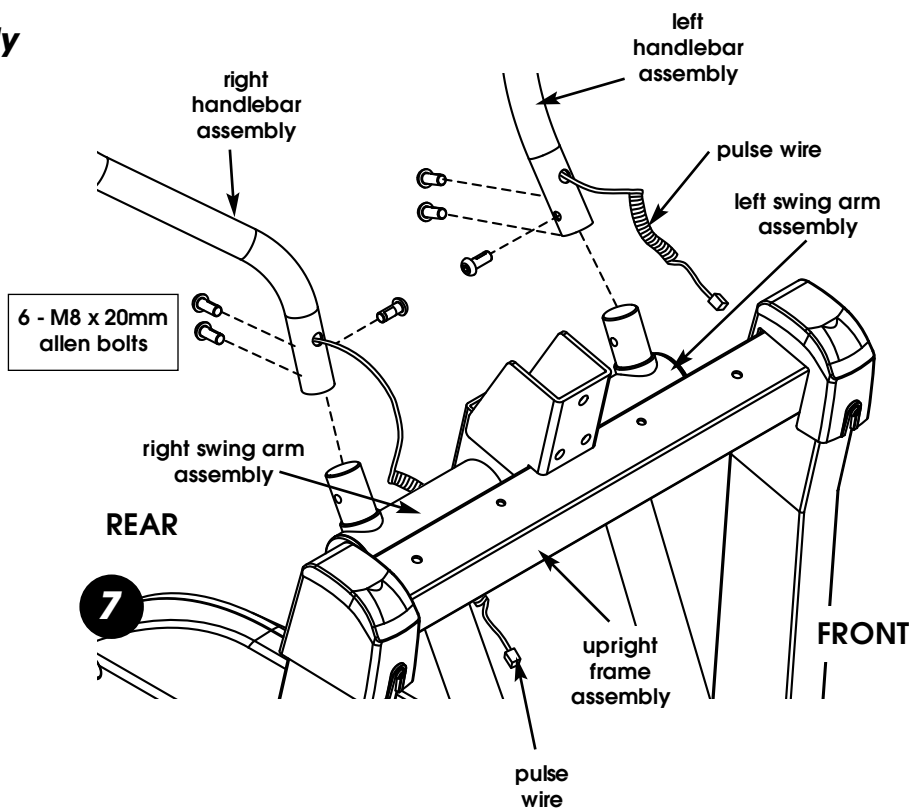
Attach the Swing Arm Covers on the front of the Swing Arms with Phillips Bolts. Tighten with the Phillips Screwdriver provided.

NOTE: If you find it difficult to get the Bolt started, first thread the Bolt into the hole on the Swing Arm without the Cover. Then, remove the Bolt and repeat Step 6 above.



STEP 7 - Handlebar Assembly

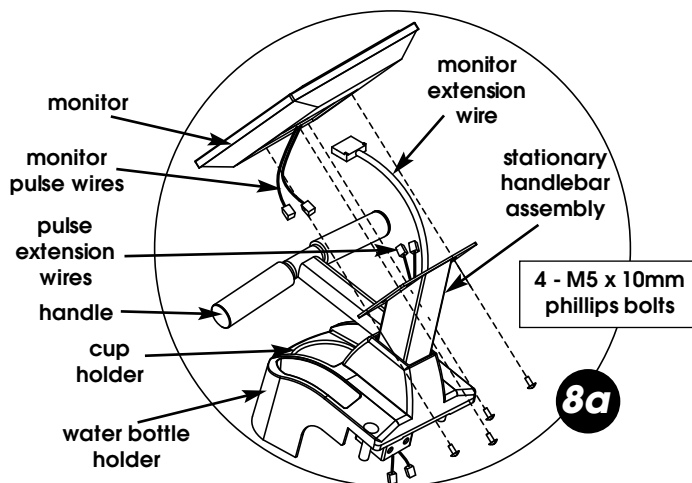
Slide Left and Right Handlebar Assembly over the top of the Swing Arm Assembly and insert 3 Allen Bolts per side. **Hand tighten first to begin all Allen Bolts.** Then, tighten Allen Bolts with the 5mm Allen Wrench provided.



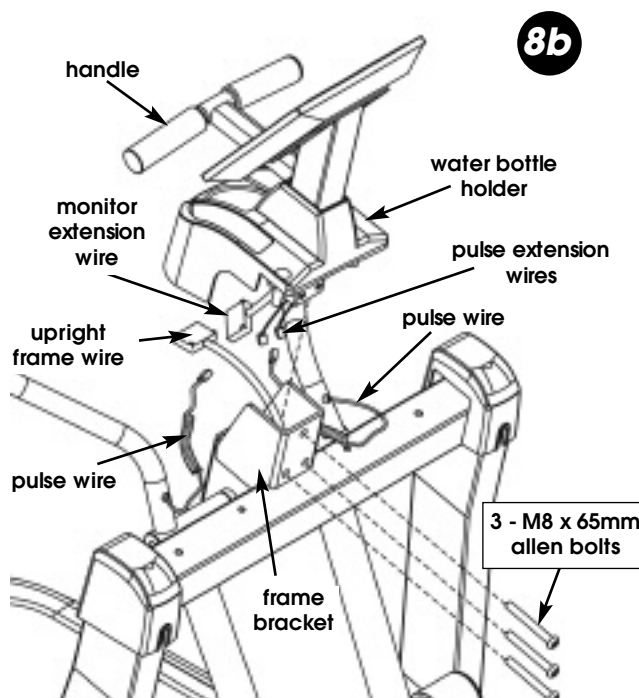
STEP 8 - Install Monitor, Water Bottle Holder and Stationary Handlebar

Two people are required to do this step.

a) Remove 4 Phillips Bolts from the back of the Monitor. Remove Cable Tie from top of Stationary Handlebar Assembly. Connect Monitor Pulse Wires to the Pulse Extension Wires. Connect Monitor Extension Wire to the Monitor. Attach the Monitor to the Bracket on the Stationary Handlebar Assembly with the Phillips Bolts you removed at the beginning of this step and tighten with Phillips Screwdriver provided.

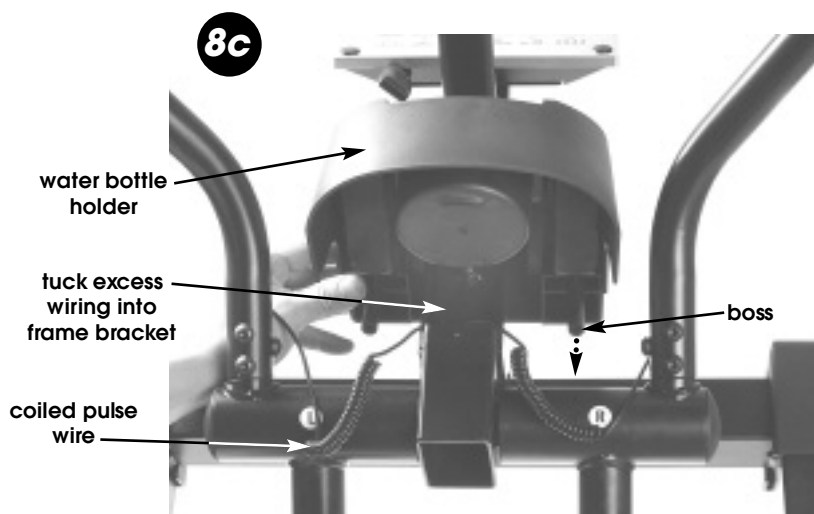


b) Remove the Cable Tie from the bottom of the Stationary Handlebar Assembly. Slide the Water Bottle Holder over the bottom end of the Stationary Handlebar Assembly with the Cup Holder and the Handle facing the same direction. While holding the Stationary Handlebar Assembly over the Frame Bracket, attach Upright Frame Wire to the Monitor Extension Wire in the Stationary Handlebar Assembly. Then connect the Pulse Wires to the Pulse Extension Wires. Slide the Stationary Handlebar into the Frame Bracket (be careful not to pinch any wires). Lift the Water Bottle Holder up to expose holes, attach with three Allen Bolts using 5mm Allen Wrench provided.



c) Tuck all excess Wires into the Frame Bracket. Slowly lower the Water Bottle Holder onto the Frame Bracket (making sure not to pinch Wires). The Bosses on the bottom of the Water Bottle Holder insert into the holes of the Upright Frame.

NOTE: Coiled section of Pulse Wire is to be positioned outside of the Water Bottle Holder.



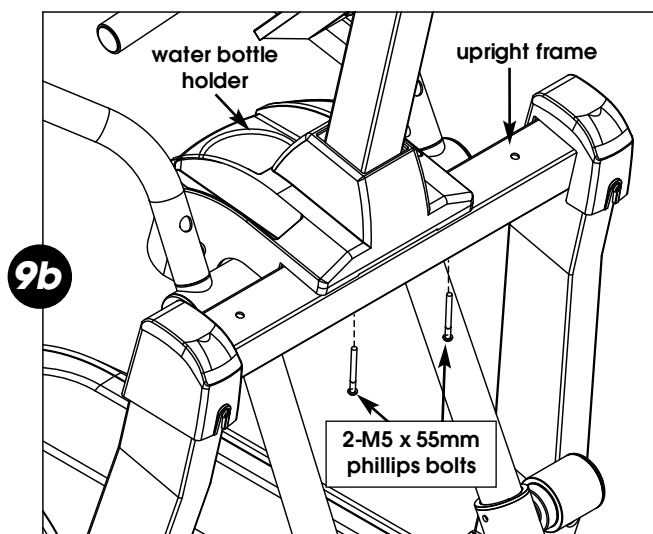
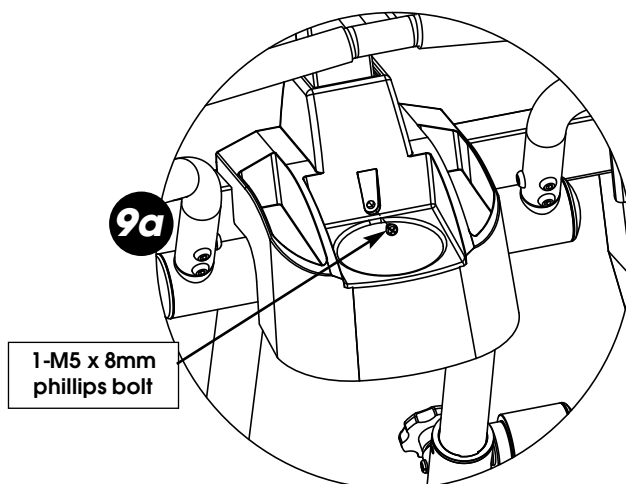
STEP 9 - Secure Water Bottle Holder to Upright Frame

Secure the Water Bottle Holder to the Upright Frame with the 3 Phillips Bolts provided as shown in 9a and 9b. Tighten with Phillips Screwdriver provided.

Insert the small bolt into the front of the Water Bottle Holder (see 9a).

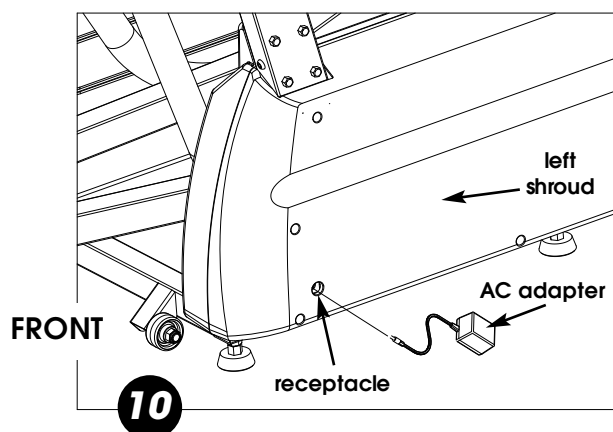
The larger bolts insert up through the bottom of the Upright Frame and into the Water Bottle Holder (see 9b).

Be sure to wash your Water Bottle before using.



STEP 10 - AC Adapter

Plug AC Adapter into the Receptacle on the front Left Shroud, then plug into wall.

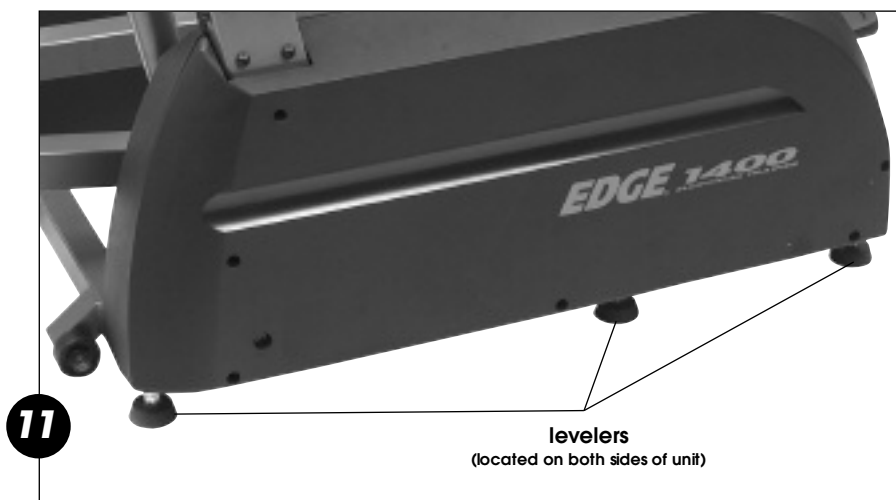
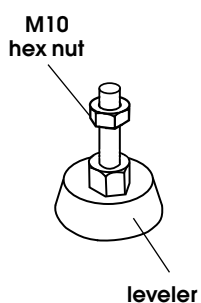


STEP 11- Adjusting the Level of the Elliptical Trainer

NOTE: If unit is not level please follow instructions below.

The Levelers are located on the bottom right and left side of the unit. You can use the 17mm Open End Wrench provided to adjust. The Levelers on your unit are set at the lowest position.

- To raise the Levelers, turn the Levelers to the left. When you reach the desired height, turn the M10 Hex Nut to the right until tight.
- To lower the Levelers loosen the M10 Hex Nut by turning to the left until the Nut is snug to the Leveler. Turn the Leveler to the right until you reach the desired height. Tighten the M10 Hex Nut by turning to the right until tight.
- Make sure the elliptical trainer is level before exercising.



Assembly is now complete.

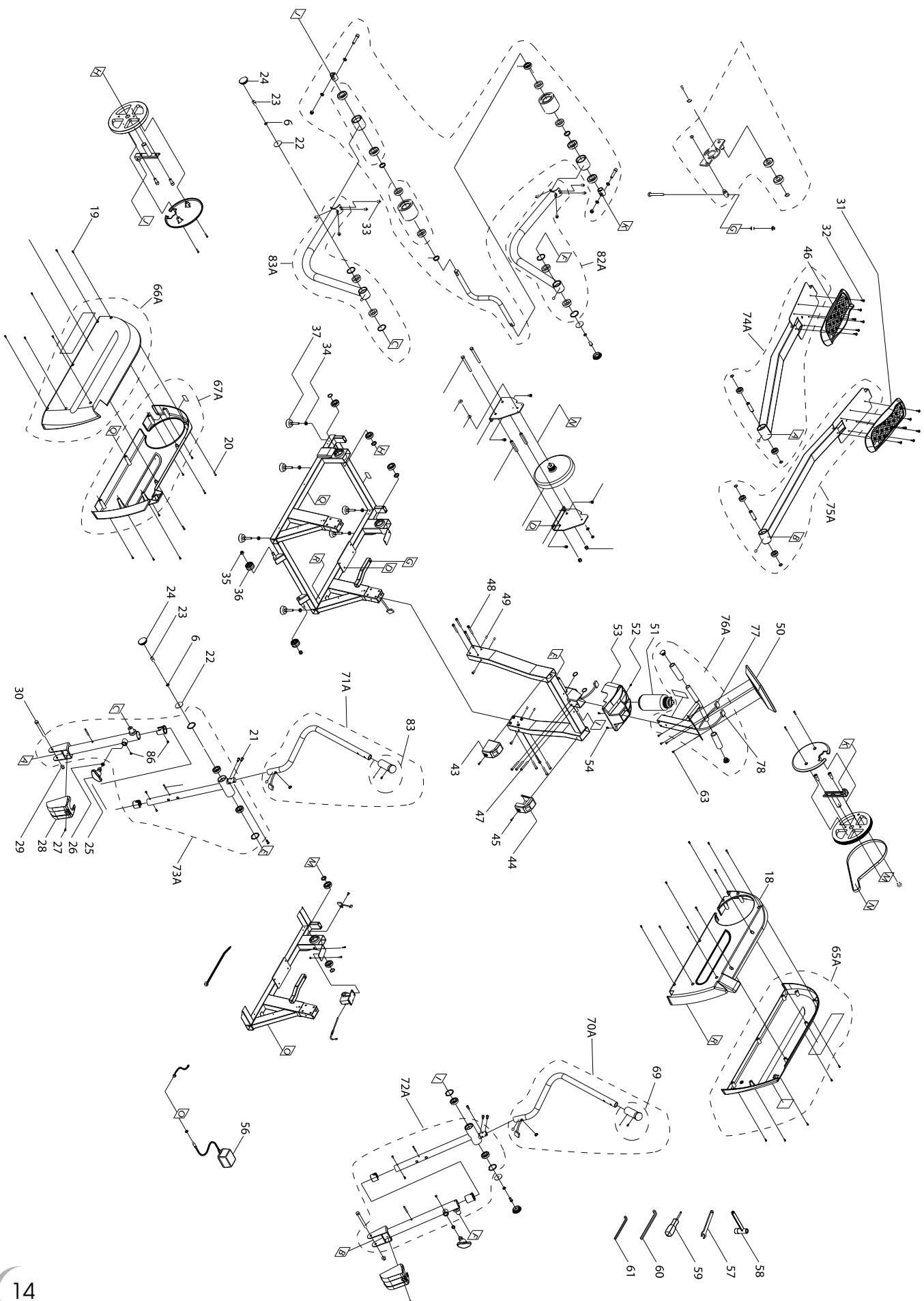
IMPORTANT:

Please read pages 15-17 before beginning your workout for important instructions on how to use your elliptical trainer.

EDGE 1400 PARTS LIST

ITEM #	PART #	DESCRIPTION	QTY.	ITEM #	PART #	DESCRIPTION	QTY.
6	NB9015-2D	M10 Spring Washer	2	60	NB9015-11D	5mm Allen Wrench	1
18	NB9001-8	Left Inner Shroud	1	61	NB9015-11E	6mm Allen Wrench	1
19	NB9001-10	M5 x 14mm Phillips Screw	24	63	NB9012-1	M5 x 10mm Phillips Bolt	4
20	NB9001-9	M5 x 22mm Phillips Screw	6	69	NB9005-2	M4 x 15mm Phillips Screw	4
21	NB9015-7A	M8 x 20mm Hex Bolt (loctite)	6	74	NB9007-2	Monitor Extension Wire	1
22	NB9015-2B	M10 Large Washer	2	75	NB9007-1	Pulse Extension Wire	2
23	NB9015-2C	M10 x 20mm Hex Bolt	2	83	NB9005-1	Hand Pulse Grip w/Wire	2
24	NB9015-2A	End Cap	2	84	EEL1417T	Box Top	1
25 & 26	NB8002-4	Stride Adjustment Knob w/Bushing	2	85	EEL1417B	Box Bottom	1
27	NB9015-6A	M6 x 12mm Phillips Bolt	2	86	NB9002-5	M5 x 6mm Phillips Bolt	2
28	NB9008	Swing Arm Cover	2	65A	EEL1401-7	Left Outer Shroud w/Decal & Warning Label	1
29	NB9015-5B	M10 Hex Nut	2	66A	EEL1401-5	Right Outer Shroud w/Decal	1
30	NB9015-5A	M10 x 82mm Hex Bolt (loctite)	2	67A	EEL1401-6	Right Inner Shroud w/Warning Label	1
31	EEL1406L	Left Foot Platform	1	70A	EEL1405L	Left Handlebar Assembly	1
32	NB9015-4A	M5 x 16mm Phillips Bolt w/Washer	12	71A	EEL1405R	Right Handlebar Assembly	1
33	NB9015-3A	M8 x 12mm Serrated Allen Bolt (loctite)	8	72A	EEL1402-6L	Left Swing Arm Assembly	1
34	NB9001-2	M10 Hex Nut	6	73A	EEL1402-6R	Right Swing Arm Assembly	1
35	NB9001-4	M12 Nylon Nut	2	74A	EEL1404R	Right Foot Tube w/Bearings	1
36	NB9001-3	Wheel	2	75A	EEL1404L	Left Foot Tube w/Bearings	1
37	NB9001-1	Leveler	6	76A	EEL1407	Stationary Handlebar Assembly	1
43	NB9002-2	Right Frame Cover	1	82A	EEL1403L	Left Rocker Arm w/Bearings	1
44	NB9002-1	Left Frame Cover	1	83A	EEL1403R	Right Rocker Arm w/Bearings	1
45	NB9002-3	M5 x 18mm Phillips Bolt	2	93A	EEL1416	Literature Pack	1
46	EEL1406R	Right Foot Platform	1	NB8015	Fastener/Tool Bag	1	
47	NB9015-8A	M8 x 65mm Allen Bolt	3	NB8015FB	Fastener Bag	1	
48	NB9015-1A	M8 x 55mm Allen Bolt w/Spring Washer (loctite)	8	NB9015-1	Step 1 Bag	1	
49	NB9015-1B	M8 x 16mm Allen Bolt w/Spring Washer (loctite)	6	NB9015-2	Step 2 Bag	1	
50	EEL1412	Monitor	1	NB9015-3	Step 3 Bag	1	
51	NB9009	Water Bottle	1	NB9015-4	Step 4 Bag	1	
52	NB9015-9A	M5 x 8mm Phillips Bolt	1	NB9015-5	Step 5 Bag	1	
53	NB9010	Water Bottle Holder	9	NB9015-6	Step 6 Bag	1	
54	NB9015-9B	M5 x 53mm Phillips Bolt	2	NB9015-7	Step 7 Bag	1	
56	NB9013	AC Adapter	1	NB9015-8	Step 8 Bag	1	
57	NB9015-11A	Open End Wrench (17mm)	1	NB9015-9	Step 9 Bag	1	
58	NB9015-11B	Socket Wrench (17mm)	1	NB9015-11	Tool Bag	1	
59	NB9015-11C	Phillips Screwdriver	1				

EDGE 1400 EXPLODED VIEW



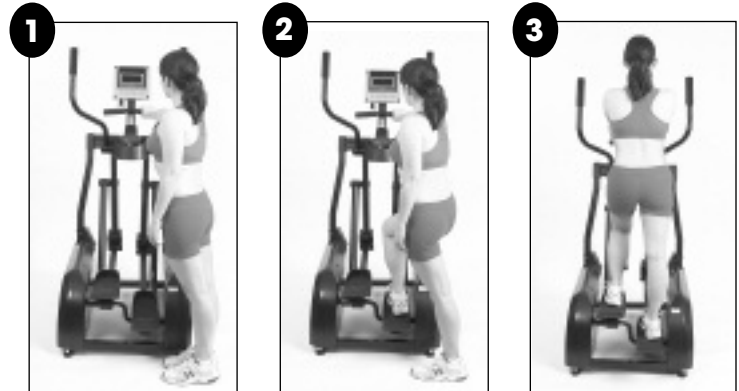
GETTING STARTED

Once your elliptical trainer is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your unit to protect your flooring. Before you begin your first workout on the elliptical trainer, practice getting on and off your trainer a few times until you are comfortable with this movement.

Getting On

Move the right foot platform to its lowest position by pulling back on the Right Handlebar.

- 1) Face forward and put your right hand on the stationary handlebar.
- 2) Place your right foot on the right foot platform and balance yourself.
- 3) Carefully lift your left foot over the unit and place your left foot on the left foot platform. Make sure that you feel completely balanced before beginning your workout.



Getting Off

When stepping off, you must gradually slow down the rate at which you are pedaling until the unit comes to a complete stop.

- 1) Grasp the stationary handlebar with both hands (see Fig 3 above).
- 2) Release one hand from the Stationary Handlebar and step off the higher foot platform onto the floor (see Fig 2 above).
- 3) Then carefully bring your other foot over the unit and down to the floor (see Fig 1 above). Release remaining hand from the stationary handlebar.



Correct Workout Position

When exercising, it is important to keep your back straight and knees "soft" or slightly bent. Do not lock out your knees. Keep your head up as this will minimize neck and upper back strain. Always try to use the elliptical trainer with a smooth and rhythmical motion.

USING YOUR ELLIPTICAL TRAINER

WARNING

RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.

The elliptical trainer provides a completely smooth and natural feeling, elliptical path that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout.

IMPORTANT:

- This equipment is not recommended for children.
- Always wear rubber soled workout shoes.
- Always make sure that you feel balanced and secure.
- Always use your equipment on a clean, solid and level surface.

USING THE HANDLEBARS

Your elliptical trainer comes with both dual-action handlebars and stationary handlebars.



Stationary Handlebars

Beginner Position - Your trainer includes Stationary Handlebars for a less intense workout if you prefer not to use the dual-action handlebars. To use, place your hands on the grip area as shown in photo.



Dual-Action Handlebars (Left and Right Handlebars)

For a more intense workout, place your hands on the pulse grips at the top of the Right and Left Handlebars. Adjust your hands up and down slightly to find the position most comfortable for you. Bend your elbows slightly so that your arms are not hyperextended or "locked out". Use a firm grip but try to avoid "white knuckles". As your legs move in the elliptical motion, pump your arms back and forth as if you were walking. Using the dual-action handlebars will work your upper body in addition to your lower body. By using the dual-action handlebars, you are recruiting more muscles which will both elevate your heart rate and burn more calories than simply doing a lower body workout.



Using The Pulse Sensors

The pulse window on your Monitor works in conjunction with the Pulse Sensors found on the Handlebars. When you are ready to read your pulse:

- 1) Place both hands firmly on the pulse sensors. For the most accurate reading, it is important to use both hands and to temporarily stop moving.
- 2) Look at your pulse window. The small heart will begin to blink.
- 3) Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the pulse sensors.
- 4) Refer to the Target Heart Rate Zone chart found on page 25 of this manual. For additional information about the importance of working within certain heart rate ranges, see pages 23 and 24 – *Measuring Your Heart Rate*.
- 5) This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

CHANGING FOOT POSITIONS

The generously sized Foot Platforms are 5" wide by 14" long, which provides workout stability and allows you to vary your foot position for different workout intensities.

Begin with your feet in the most forward position and then move your feet to the position that feels most comfortable to you. The further back your feet are placed on the Foot Platforms, the greater the vertical height of the elliptical motion and therefore, the harder the workout.

You can move forward or backward to exercise different muscles, but make sure your entire foot is on the Foot Platform at all times.



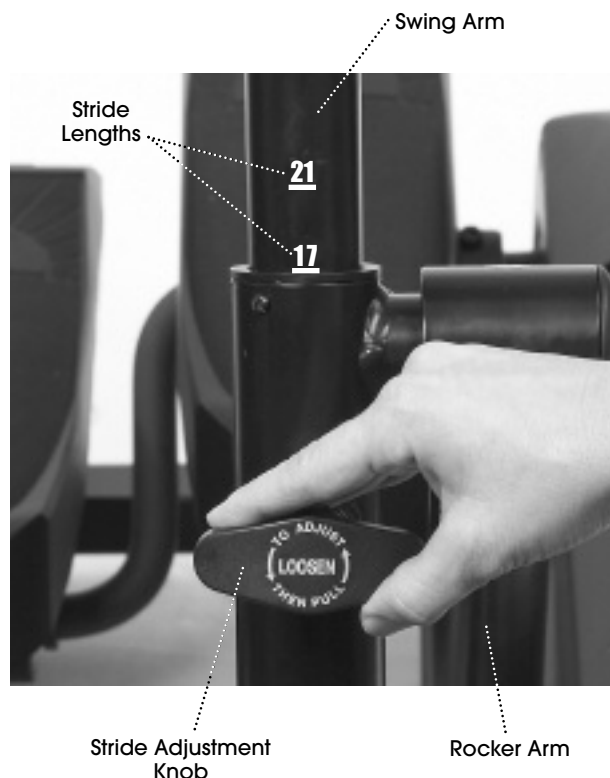
ADJUSTING THE STRIDE LENGTH

The elliptical trainer has two stride length settings of 17" and 21".

To find the stride length setting that is most comfortable to you, start at the 21" setting. If this setting does not feel comfortable to you, then proceed to adjust to a shorter stride length as noted below.

To adjust your stride length, turn the Stride Adjustment Knob **counter-clockwise** approximately 1/4 turn. Using both hands, keep hold of the Rocker Arm with one hand and with the other hand, pull out the Adjustment Knob to allow the pin to release. Slowly raise or lower the Swing Arm to the preferred stride length as marked on the Swing Arm and let go of the Stride Adjustment Knob so the Pin engages into the hole. Once you hear the pin pop into the hole, turn the Stride Adjustment Knob **clockwise** to tighten. If the Stride Adjustment Knob is not securely tightened, you may hear a knocking noise when using the elliptical trainer.

CAUTION: Before beginning to exercise, make sure that the Stride Adjustment Pin is engaged and the Knob is tightened to prevent any possible injuries or damage to the elliptical trainer.



OPERATING THE MONITOR

CAUTION

Do not plug AC Adapter into wall until monitor is completely assembled.

Your unit is equipped with a Monitor to help you track your progress and motivate you to reach your fitness goals.

Note: Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your Heart Rate, a physician's advice is absolutely essential.



BUTTON FUNCTIONS

MODE: To set value for TIME, DIST, PULSE.

RESET: Clears all preset values to zero except in User Programs. Returns to START screen.

START/STOP: To start/stop workout.

RECOVERY: To test Heart Rate recovery status.

UP: To scroll through training modes and adjust function values up.

DOWN: To scroll through training modes and adjust function values down.

TOTAL RESET: To reset Monitor to SET UP mode. Clears all preset values except User Programs.

FUNCTIONS DISPLAY

TIME: Displays approximate duration of workout from 000 to 99.90.

Count up - If no Time is set, Time will count up from 00:00 to maximum 99:59.

Count down - If Time is set, Time will count down from set time to 00:00.

SPEED: Displays approximate current training speed from 0.0 to maximum 99.9 mile per hour.

RPM: Displays approximate current training rotation per minute.

DISTANCE: Displays distance traveled during workout from 000 to 99.90 miles.

Count up - If Distance is not set, Distance will count up from 0.00 to maximum 99.90 miles.

Count down - If Distance is set, Distance will count down from preset to 0.00.

CALORIES: Displays approximate calories burned during workout from 0.0 to 990.

Count up - If Calories is not set, Calories will count up from 0 to maximum 990.

Count down - If Calories is set, Calories will count down from preset numbers of calories to 0.0.

PULSE: Displays approximate current heart beat in beats per minute.

WATT/LOAD: Displays approximate current training Watts during a workout. Also displays Load (levels of resistance) when programming. Watt is a unit of power that measures amount of mechanical work (effort level) required to operate your Elliptical.

RECOVERY (REC): The Pulse Recovery is for personal orientation and compares the approximate pulse rate after training. You will notice that your fitness level will improve with regular exercise. This feature can help you on your way to a healthier you.

The Recovery feature is to be used directly after your workout. It measures your pulse rate for 1 minute. To use this function:

- 1) Press the Recovery button after your workout.
- 2) Hold **both hands** on Pulse Sensors located on the Handlebars.
- 3) The Time will countdown from 60 to 0 seconds.

Note: If there is no pulse reading within 4 seconds reposition your hands on the Pulse Sensors.

- 4) Your personal fitness Recovery level will appear on the display (F1.0 - F6.0). When countdown is complete, the Recovery grade will be displayed.

Your approximate ratings for Pulse Recovery are as follows:

F 1 = Excellent	F 4 = Below Average
F 2 = Good	F 5 = Not Good
F 3 = Fair	F 6 = Poor

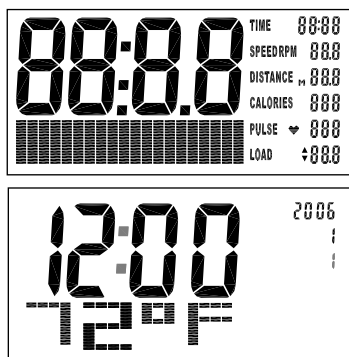
TEMPERATURE: Screen will display room temperature in Fahrenheit.

CALENDAR: Screen will display year/month/day.

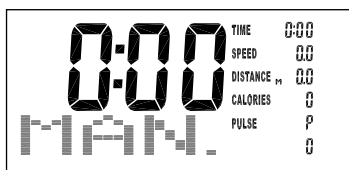
CLOCK: Screen will display TIME.

GETTING STARTED WITH YOUR MONITOR

Press Total Reset. The LCD will display for 2 seconds with a long beep sound. The Monitor will be in Calendar setting mode. The year will be blinking.

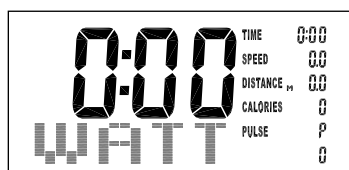
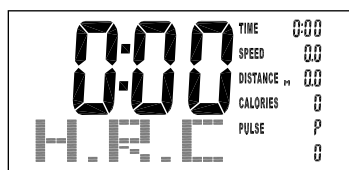
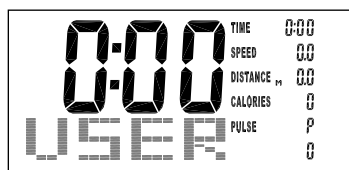
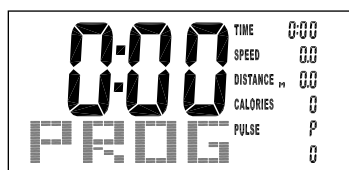


Press the UP or DOWN followed by the MODE button to set YEAR/MONTH/DAY and CLOCK.



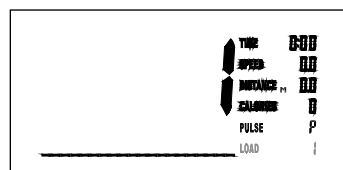
MANUAL

When "Manual" is blinking, press UP or DOWN to select training program MANUAL/PROGRAM/USER PROGRAM/H.R.C. press MODE to set. The Monitor will enter MANUAL mode for training without selection.



Training in MANUAL Mode

In the MANUAL Mode, you may press the UP button to select Load Level from 1 to 16, the preset level is 1. Press MODE to set.

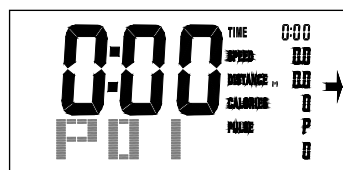


After LOAD Level is selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by pressing the UP or DOWN button and press MODE to set. Press START button to start training. Values will count down.

PROGRAM

Training in PROGRAM Mode (See page 20 for Program Profiles):

In the PROGRAM mode, you may press the UP or DOWN button to select Programs P01- P8. The selected Program will be show on screen for 2 seconds then display Program Profile accordingly. Press MODE to set.



LOAD 1 (preset value) will be blinking after Training Program is selected. You may press the UP or DOWN button to select your starting Load. This can be adjusted up in value by 8 times the preset value by pressing the UP button. Load level can also be adjusted during training.

USER

Training in USER PROGRAM:

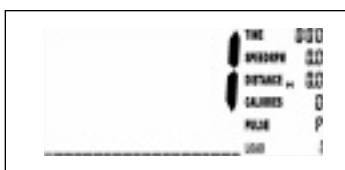
After USER PROGRAM is selected, you may set preferred program profile by pressing UP and DOWN and MODE button for each blinking column. There are 20 segments for setting, if you want to quit during setting, you may hold on MODE button for 2 seconds to quit, the previous setting profile will be saved for any unfinished segments.

(continued on next page)

HEART RATE

Training in H.R.C. Mode:

AGE 30 will be blinking after you enter H.R.C. Mode. You may set your age by pressing the UP or DOWN and MODE button to set. The Monitor will calculate preset Heart Rate value automatically according to your age setting. (Preset at Age 30). Screen will show Heart Rate percentage 55%, 75%, 90% and TARGET. You may select Heart Rate percentage by pressing the UP or DOWN button and MODE button for training.



WATT

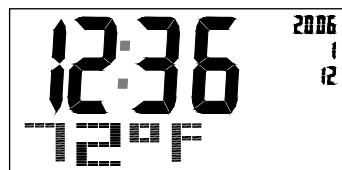
Training in WATT mode:

When the preset WATT value (120) is flashing on the screen, press UP or DOWN and MODE to set target value from 10 to 350. Press START button to start training.

We recommend using the shortest stride setting (17") when using the Watt program.

Note:

1. If there is no signal for over 4 minutes, the screen will turn off and display room temperature, clock, and calendar.
2. When Monitor displays abnormally, please unplug the adapter and plug-in again.



EDGE 1400 Program Profiles

P01 FAT BURNER PLATEAU



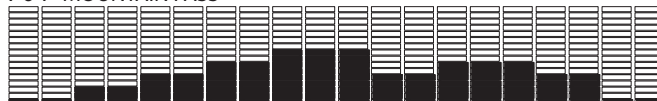
P02 ROCKY MOUNTAIN



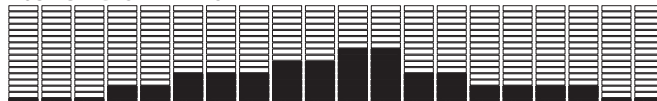
P03 PEAKS AND VALLEYS



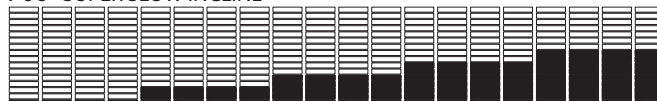
P04 MOUNTAIN PASS



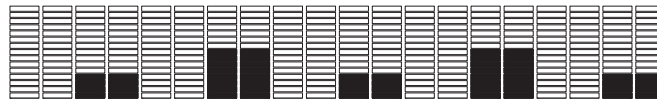
P05 CARDIO PLATEAU



P06 SUPER SLOW INCLINE



P07 RANDOM ENERGY



P08 CARDIO PLATEAU 2



CARE & STORAGE OF YOUR ELLIPTICAL TRAINER

Care Directions

Your Elliptical Trainer has been carefully designed to require minimum maintenance. However, we recommend the following to keep your trainer operating smoothly.

- Unplug your elliptical trainer when it is not in use.
- Use your elliptical trainer indoors only.
- Wipe all perspiration from your elliptical trainer with a soft, clean cloth after each use to prevent an accumulation of sweat and dirt.
- Clean your elliptical trainer on a regular basis to prevent a build-up of dust. Use Windex or an alcohol based cleanser on a clean cloth. Do not use any abrasive cleaners and/or polish as these will damage the surface.
- Regularly check the tightness of nuts and bolts.

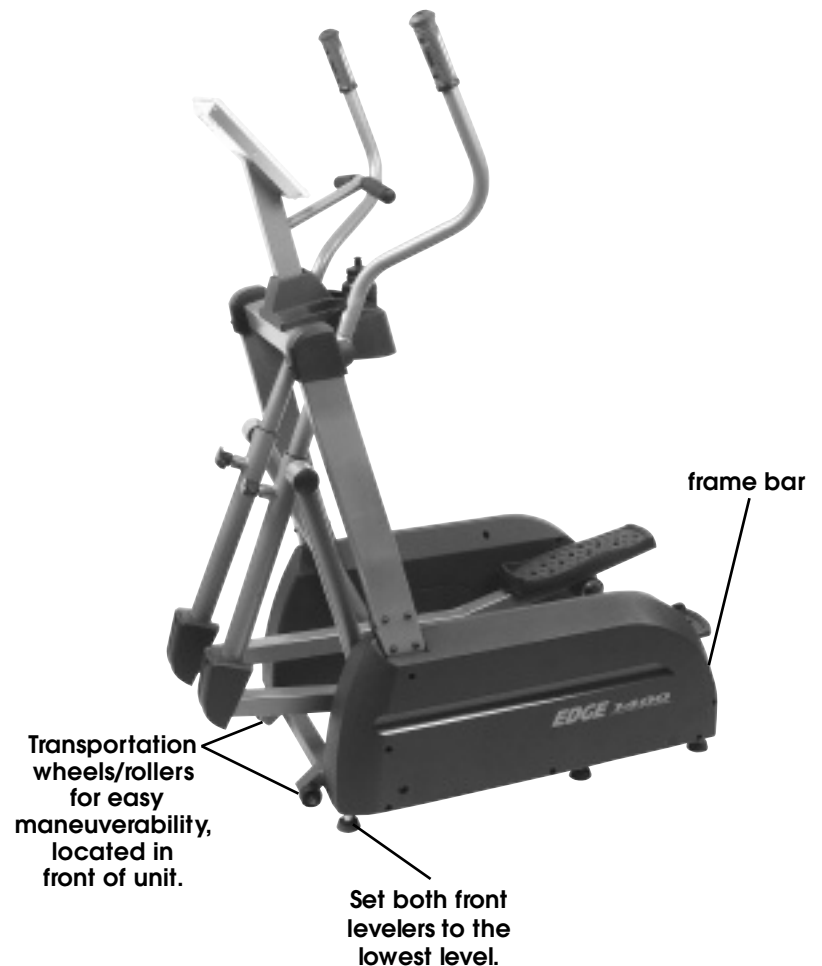
Storage Directions

- Store your elliptical trainer in a dry area away from children and high traffic areas.

Instructions For Moving Your Unit

Your elliptical trainer is portable. If you need to change the location of your unit, please follow the steps below.

- To transport your elliptical trainer, first unplug the AC Adapter from the wall and your unit.
- Set the 2 Levelers in the front of the unit to the lowest level (see page 12).
- Place the Stride Adjustment to the highest position (21"). (See page 17.)
- Stand behind the unit and grasp the Frame Bar located at the rear of the unit. Lift up using your legs - not your back. Tilt the unit forward until it is resting on the front transportation wheels/front rollers.
- Wheel the unit to its new location and carefully lower the unit back down to the floor.



EXERCISE GUIDELINES

IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

There is widespread agreement that these five components comprise the basics of physical training:

CARDIORESPIRATORY ENDURANCE - the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your elliptical trainer will improve this.

MUSCULAR STRENGTH - the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

MUSCULAR ENDURANCE - the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push-ups are often used to test endurance of arm and shoulder muscles.

FLEXIBILITY - the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

BODY COMPOSITION - often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Progress Charts on page 28.

A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

WARM UP - 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

MUSCULAR STRENGTH - a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

MUSCULAR ENDURANCE - at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

CARDIORESPIRATORY ENDURANCE - at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your elliptical trainer is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY - 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 26 and 27 for a list of total body stretches.

COOL DOWN - a minimum of 5-10 minutes of slow walking or lower intensity elliptical exercise, combined with stretching.

AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends to a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section below and on page 24 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your elliptical trainer the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

WHEN TO EXERCISE

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

MEASURING YOUR HEART RATE (see chart on page 25)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving

(continued on next page)

at this figure. One of the simplest is: maximum heart rate $(220 - \text{age}) \times 70\%$. Thus, the target heart rate for a 40 year-old would be 126. In this example for this 40 year old to get a cardiovascular effect the individual would need to keep their heart rate at or above 126 beats per minute to get a cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Remember, your elliptical trainer also comes with pulse sensors located on the dual-action handlebars.

When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:

- a) Push the START button on your monitor.
- b) Gently grab **both** metal pulse sensors on **both** handlebars. Wait 6 seconds.
- c) Your estimated heart rate range will be displayed on screen. Check the chart on the following page to see if you are within your range according to your age.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

By using the chart on the following page, you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

TIPS TO KEEP YOU GOING

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See page 28.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Upgrade your fitness program as you progress. Your elliptical trainer provides 8 different programs to keep your workouts challenging.
- 6) Enlist the support and company of your family and friends.
- 7) Update others on your successes.
- 8) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 23.
- 9) Reward yourself periodically for a job well done!

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

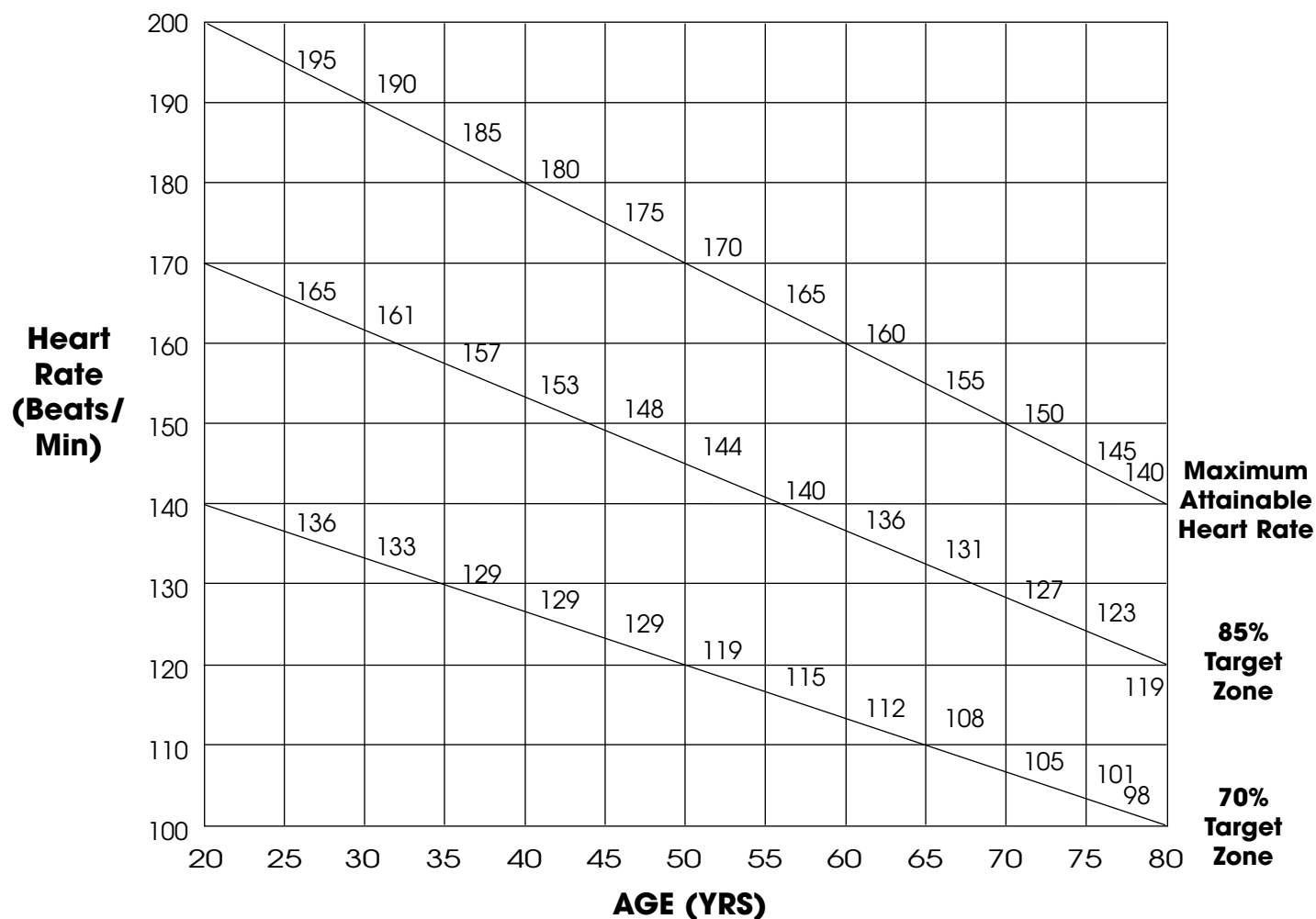


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	5 min	60-65% - 8	5 min	17 min	3	51 min
3 & 4	5 min	65-70% -10	5 min	20 min	3	60 min
5 & 6	5 min	70-75% -15	5 min	25 min	3	75 min
7 & 8	5 min	70-80% -20	5 min	30 min	3	90 min
9 & 10	5 min	70-85% -25	5 min	35 min	3	105 min
11 & 12	5 min	70-85% -25	5 min	35 min	3	105 min

WARM UP & COOL DOWN STRETCHES

Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion, like elliptical striding. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



4. Back Stretch

Stand with your legs shoulder length apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



8. Arm Pullback

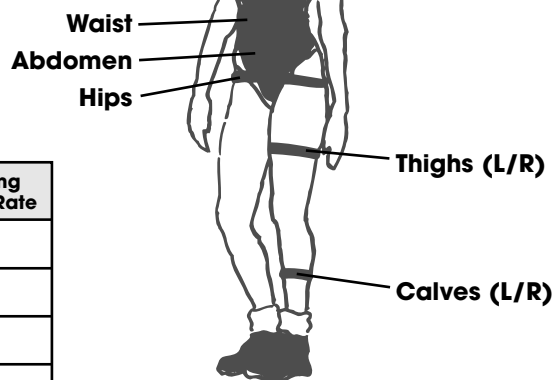
Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

PROGRESS CHARTS

Use the charts below to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

Measuring Sites



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate



Dedication to Quality

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.
(You may wish to staple it into this manual.)